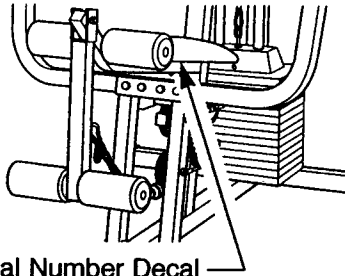


PRO 9515™

Model No. WESY95150

Serial No. _____

(Write the serial number in the space above for reference.)



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-225-0653

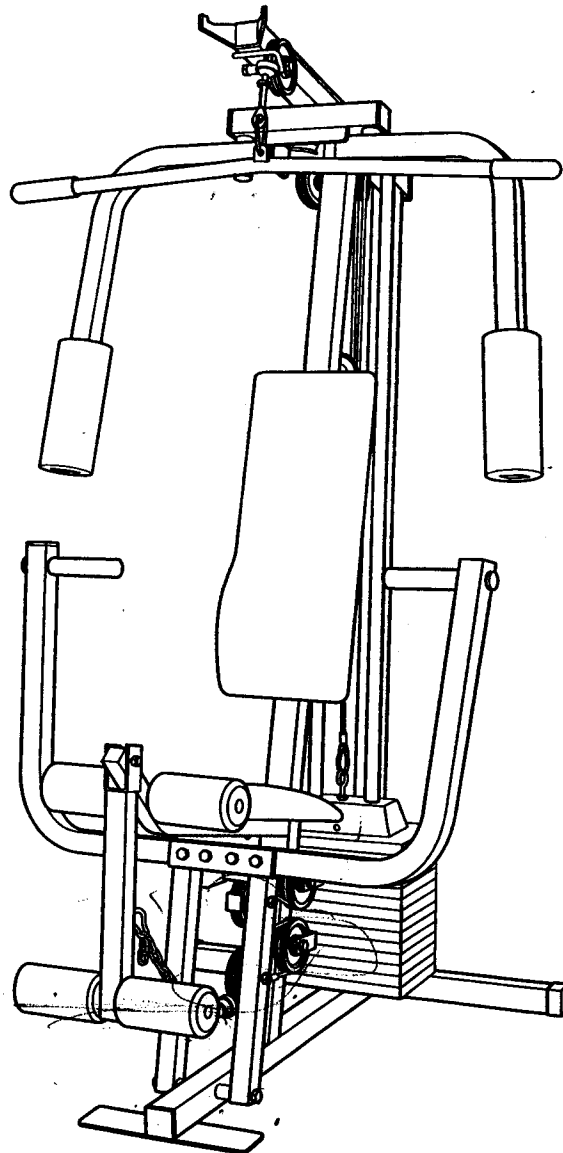
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

PATENT PENDING

USER'S MANUAL



WEIDER®

TABLE OF CONTENTS

LIMITED WARRANTY	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENT	17
WEIGHT RESISTANCE CHART	19
TROUBLE-SHOOTING AND MAINTENANCE	20
CABLE DIAGRAM	21
PART LIST	22
EXPLODED DRAWING	23
ORDERING REPLACEMENT PARTS	Back Cover

Note: A PART IDENTIFICATION CHART is attached to the center of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.
2. Not all exercise equipment is appropriate for all persons. Exercise requires physical coordination and involves strenuous physical activity. Any physical activity involving motion and interaction between the human body and exercise equipment has some inherent risk of injury. The manufacturer urges caution in the selection and use of this equipment, particularly by the following persons, all of whom should consult their doctor before using this equipment or beginning any exercise program:
 - persons over the age of 35, or
 - persons with impaired agility or coordination, or
 - persons with impaired or reduced stamina, or
 - persons with a history of heart disease, or
 - persons with a history of fainting, seizures, or loss of consciousness, or
 - persons with osteoporosis, arthritis, or bone or joint disorders.
3. Read all instructions in this manual and in the accompanying literature before using the home gym system.
4. Use the home gym system only on a level surface. Cover the floor beneath the home gym system to protect the floor or carpet.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Keep small children and pets away from the home gym system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection when using the home gym system.
9. Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.
10. Never release the press arm, upper arms, leg lever, lat bar, or nylon strap when weights are raised. The weights will fall with great force.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on top of the pulleys.
12. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

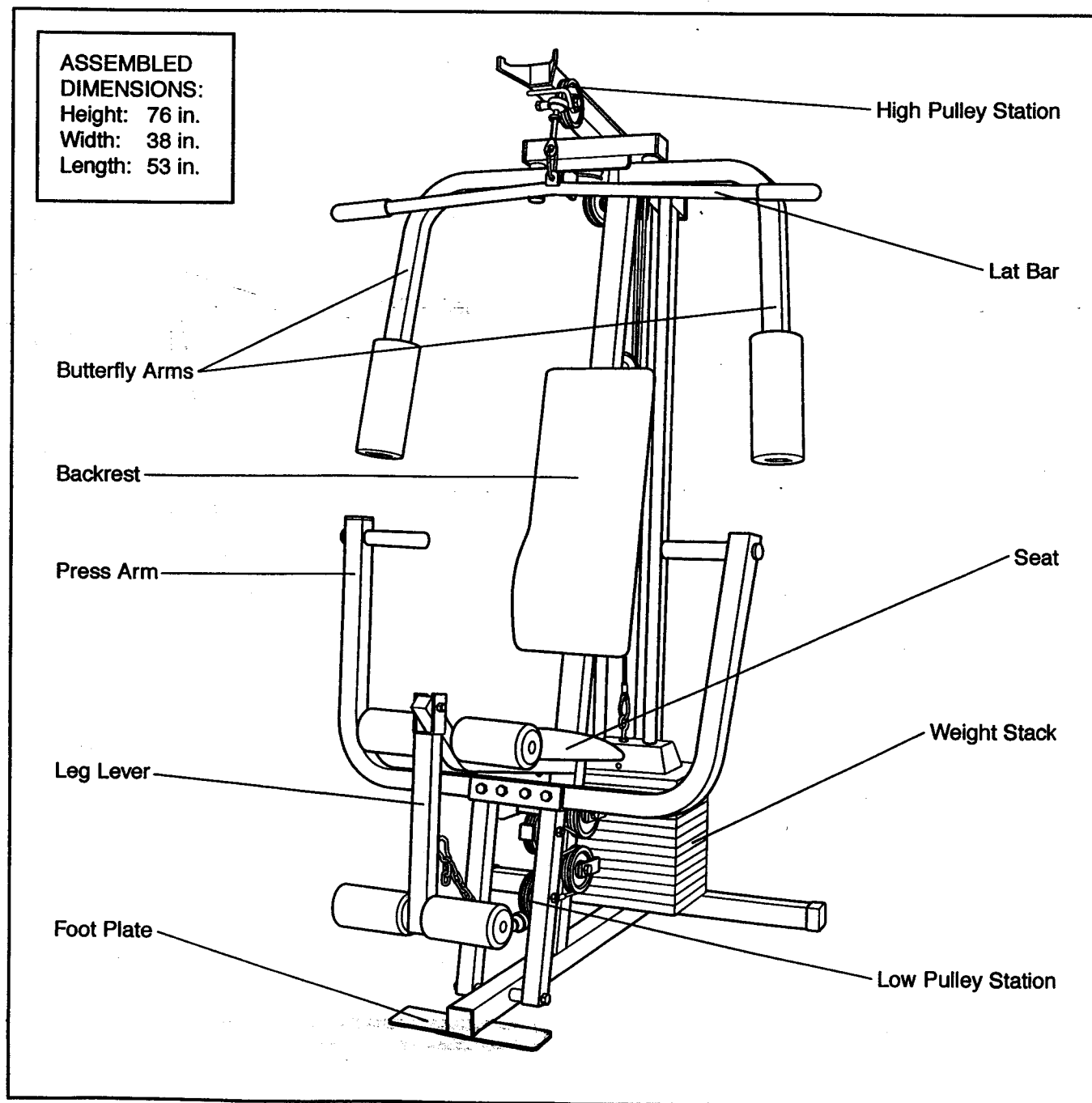
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 9515 Home Gym System. The versatile PRO 9515 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the PRO 9515 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 9515 Home Gym System. If you have additional questions, please call our

Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WESY95150. The serial number can be found on a decal attached to the PRO 9515 (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.




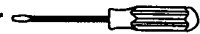

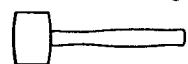
ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the PRO 9515 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is divided into four stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open that parts bag.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART located in the center of this manual. Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.

- As you assemble the PRO 9515, be sure that all parts are oriented **exactly** as shown in the drawings.
- Tighten all parts as **you** assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

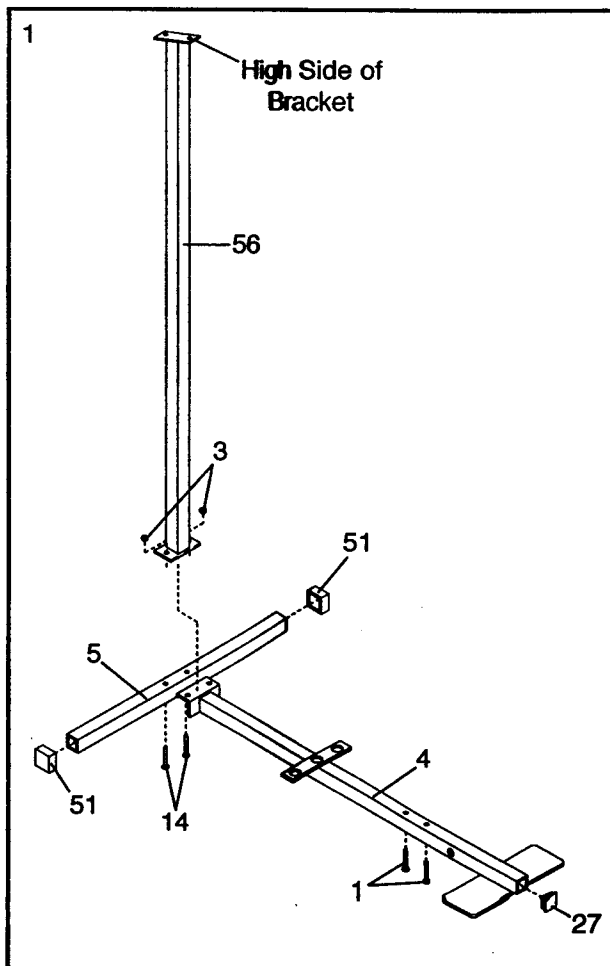
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 2" Square Outer Cap (51) onto each end of the Stabilizer (5). Press a 2" Square Inner Cap (27) into the end of the Base (4).

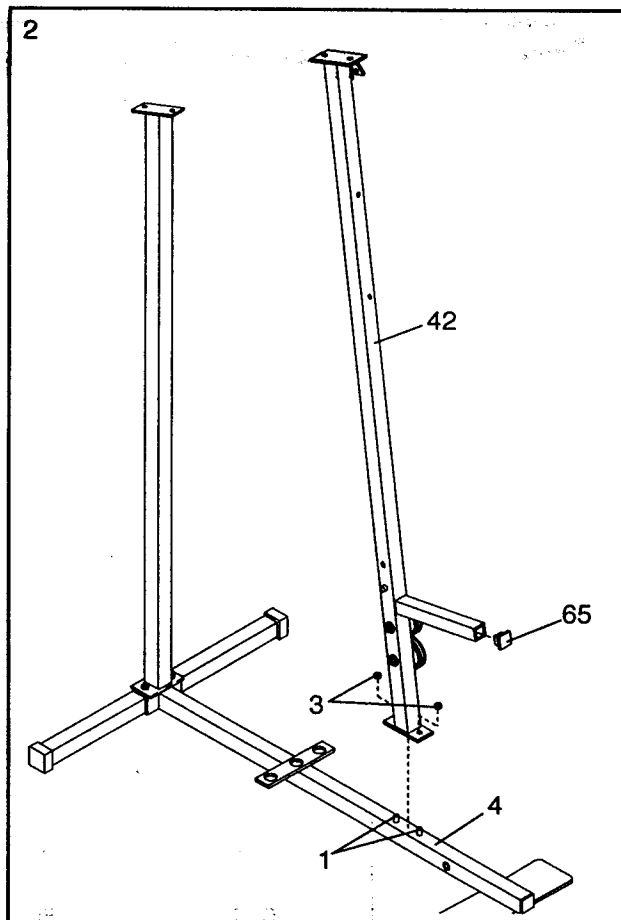
Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5). Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

Slide the indicated end of the Base (4) onto the 5/16" x 2 3/4" Carriage Bolts (14) in the Stabilizer (5). Slide the Rear Upright (56) onto the Carriage Bolts. Hand-tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **The high side of the bracket on the Rear Upright must be on the side shown. Do not tighten the Nylon Locknuts yet.**



2. Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1). Hand-tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

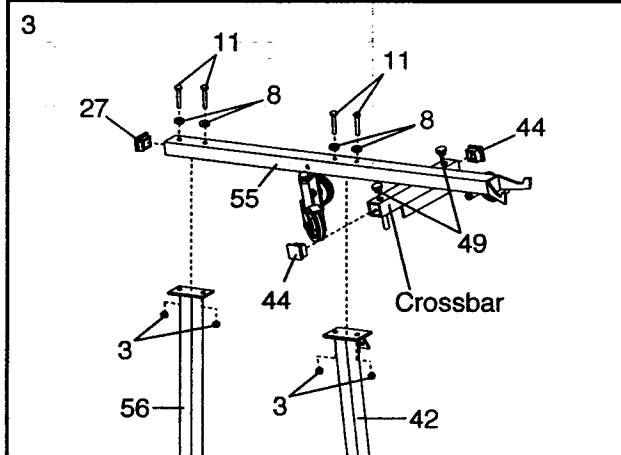
Press a 1" Square Inner Cap (65) into the Front Upright (42).



3. Press a 2" Square Inner Cap (27) into the indicated end of the Top Frame (55). Press a 1 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 1" Round Inner Caps (49) into the top of the crossbar.

Attach the Top Frame (55) to the Front Upright (42) and the Rear Upright (56) with four 5/16" x 2 3/4" Bolts (11), four 5/16" Flat Washers (8), and four 5/16" Nylon Locknuts (3).

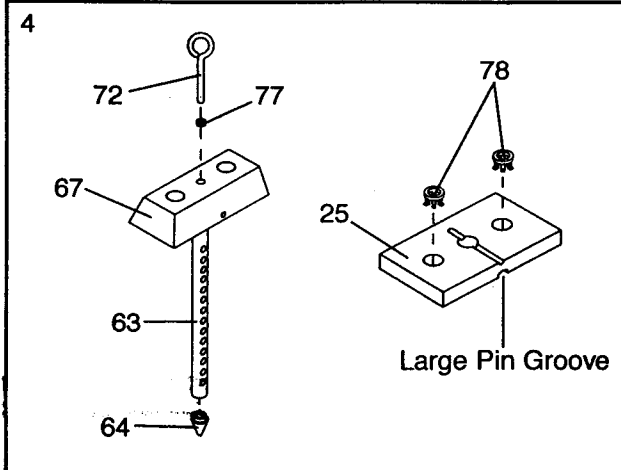
Tighten all Nylon Locknuts used in steps 1 through 3.



4. Turn each of the fourteen Weights (25) so the large pin groove is on the bottom. Press two Weight Bushings (78) into the top of each Weight.

Thread the 3/8" Nut (77) about halfway onto the 3/8" x 4" Eyebolt (72). Thread the Eyebolt into the Weight Cover (67) until the 3/8" Nut is touching the Weight Cover.

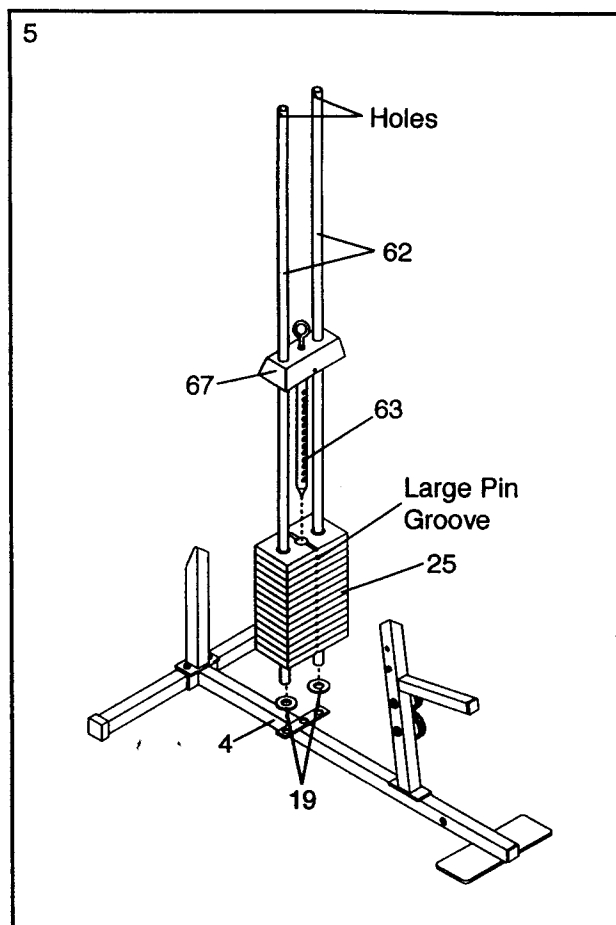
Press the Weight Tube Bumper (64) into the end of the Weight Tube (63).



5. Slide a Weight Bumper (19) onto the lower end of each Weight Guide (62). (Note: There are holes near the upper ends of the Weight Guides.) Insert the Weight Guides into the bracket on the Base (4) as shown. **Be sure that the holes in the Weight Guides are at the top.**

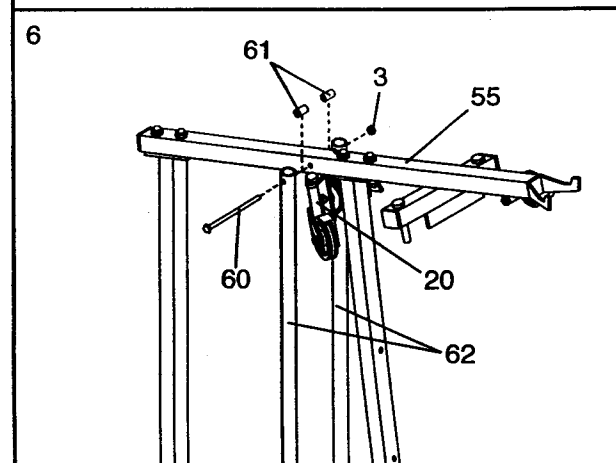
Slide the fourteen Weights (25) onto the Weight Guides (62). **Be sure that the Weights are turned so the large pin grooves are under the Weights and are on the same side.**

Slide the Weight Cover (67) and the top weight (inside the Weight Cover) onto the Weight Guides (62). Insert the Weight Tube (63) into the Weights (25).



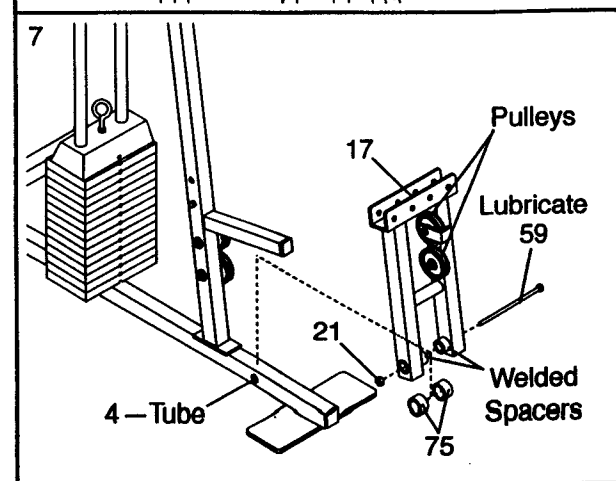
6. Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with the 5/16" x 6 1/2" Bolt (60), two 1/2" x 1" Spacers (61), and a 5/16" Nylon Locknut (3).

Be sure that the Pulley Bracket (20) is in front of the right Weight Guide (62) as shown.



7. Press a 1" x 7/8" Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the Indicated tube on the Base. Be sure that the pulleys are on the indicated side.**

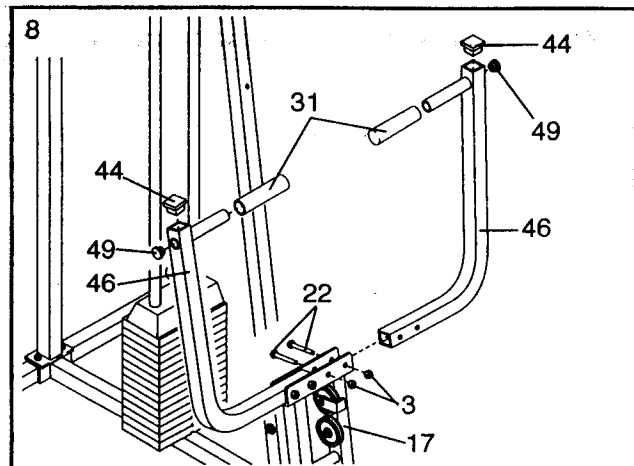
Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the 3/8" x 8" Bolt and a 3/8" Nylon Locknut (21).



8. Press a 1 3/4" Square Inner Cap (44) into the top of a Press Arm (46). Slide a Hand Grip (31) onto the handle on the Press Arm. Press a 1" Round Inner Cap (49) into the other end of the handle.

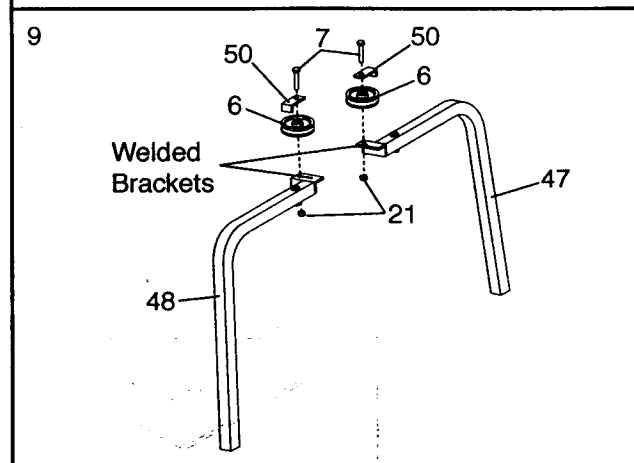
Attach the Press Arm (46) to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

Assemble the other Press Arm (46) in the same manner.



9. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 10.**

Note: The "V"-Pulleys (6), Long Cable Traps (50), 3/8" x 2 1/2" Bolts (7), and 3/8" Nylon Locknuts (21) are pre-attached. They are shown disassembled for easy part identification.



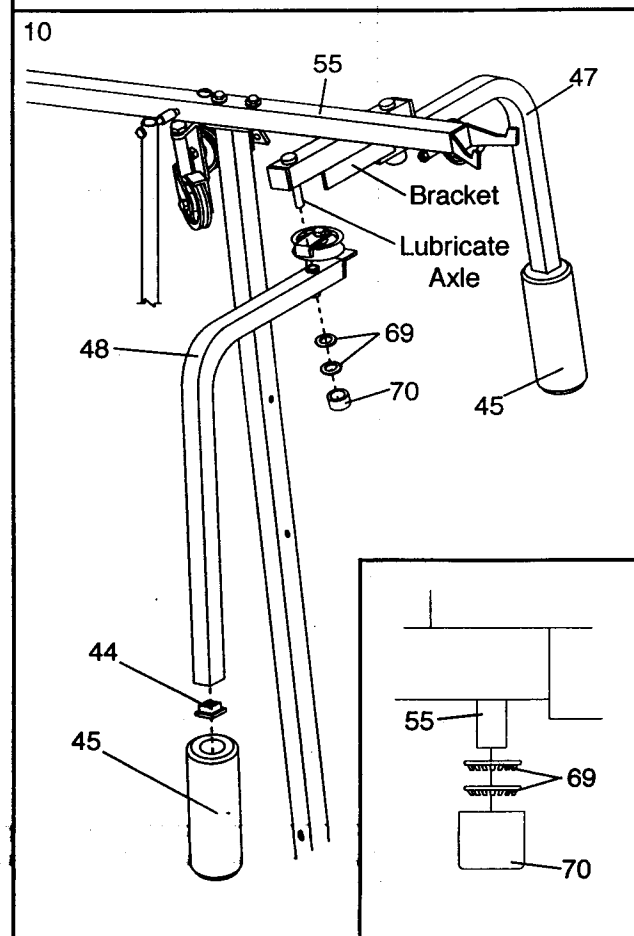
10. Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 9 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the right axle. **Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the Inset drawing.**

Attach the Left Arm (47) in the same manner.

Press 1 3/4" Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10" Pad (45) onto the lower end of each Arm.



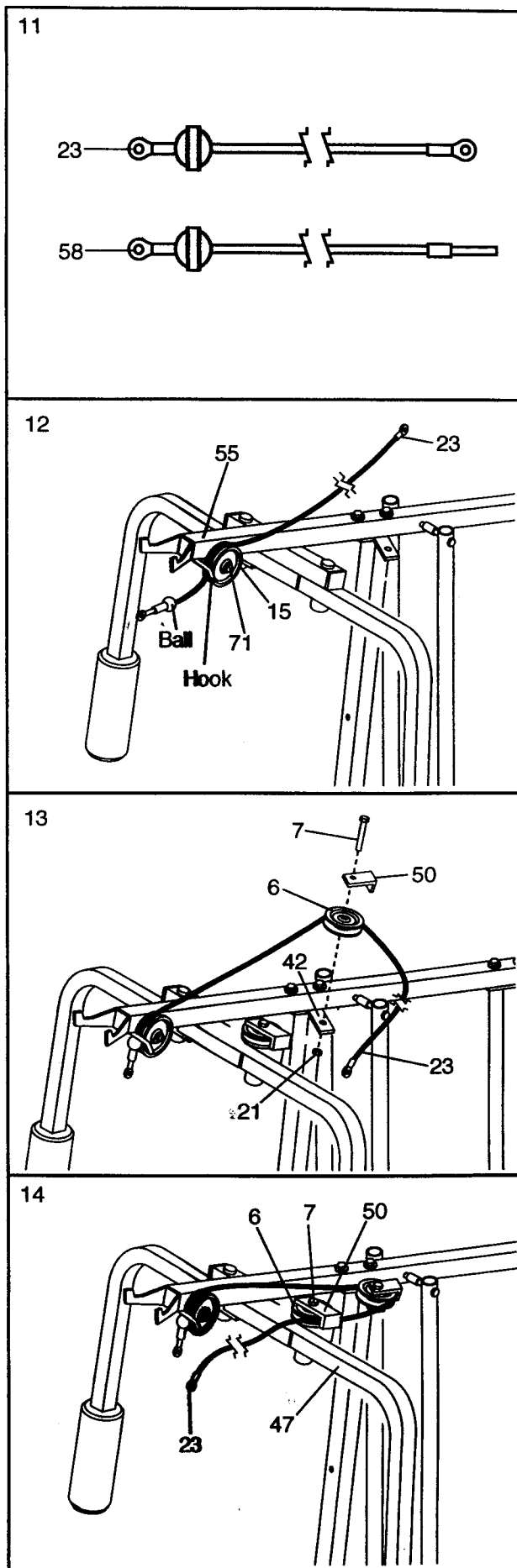
11. During steps 11 through 25, refer to the CABLE DIAGRAM on page 21 of this manual to verify proper cable routing. Before beginning this section, identify the Long Cable (23) and the Short Cable (58) by comparing the lengths and ends of the cables.

IMPORTANT: When assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must be able to turn freely.

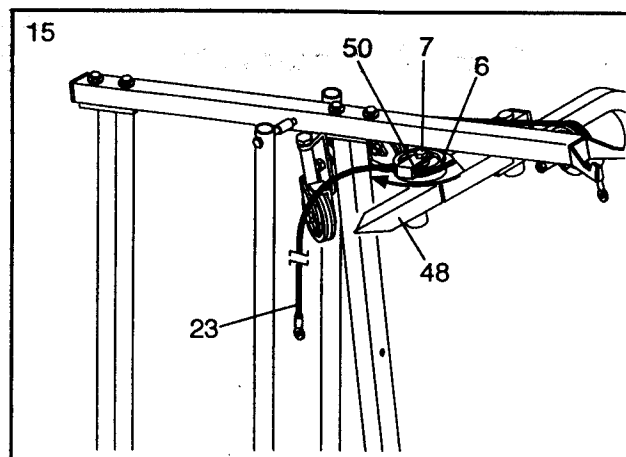
12. **Locate the Long Cable (23).** Route the Long Cable around the indicated 3 1/2" Pulley (15) attached to the Top Frame (55). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.** Tighten the 3/8" x 3 3/4" Bolt (71) and the 3/8" Nylon Locknut (not shown).

13. Wrap the Long Cable (23) around a "V"-Pulley (6). Attach the "V"-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**

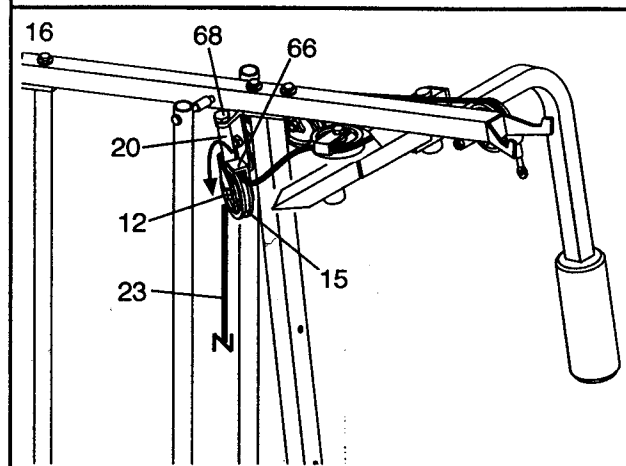
14. Route the Long Cable (23) around the "V"-Pulley (6) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).



15. Route the Long Cable (23) around the "V"-Pulley (6) on the Right Arm (48). **Be sure that the Cable is in the groove of the "V"-Pulley and that the Long Cable Trap (50) is turned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).

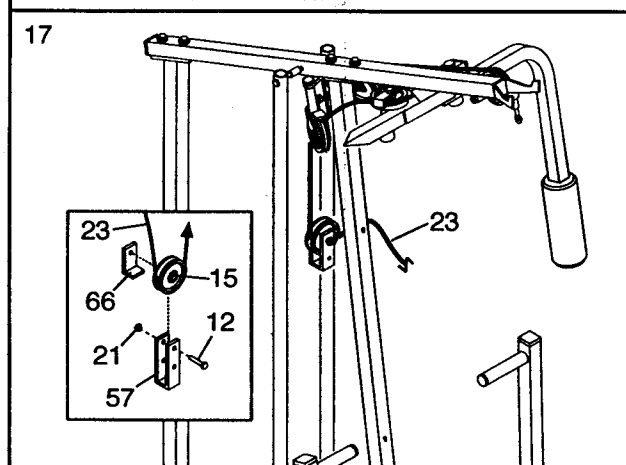


16. Route the Long Cable (23) around the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (not shown).



Be sure that the 5/16" x 5" Bolt (68) is properly tightened and that the Pulley Bracket (20) can move freely.

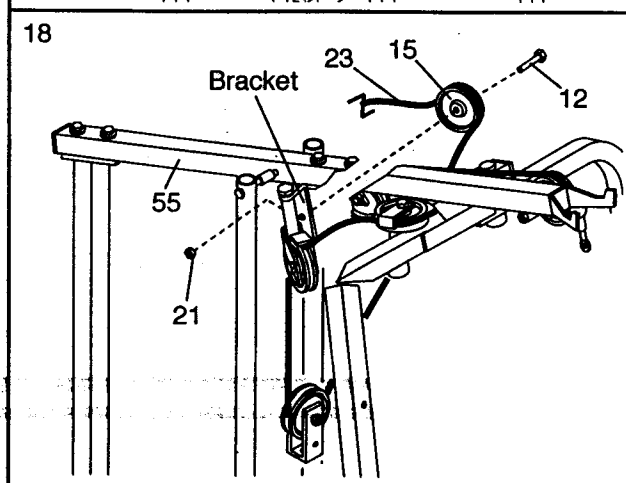
17. See the inset drawing. Attach a 3 1/2" Pulley (15) and a Cable Trap (66) to the indicated hole in the Long "U"-Bracket (57) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is inside the "U"-Bracket. Note: This may come pre-assembled.**



Route the Long Cable (23) around the 3 1/2" Pulley (15) and through the Long "U"-Bracket (57). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

18. **Note: The pulley in this drawing is pre-assembled. It is shown disassembled for easy part identification.**

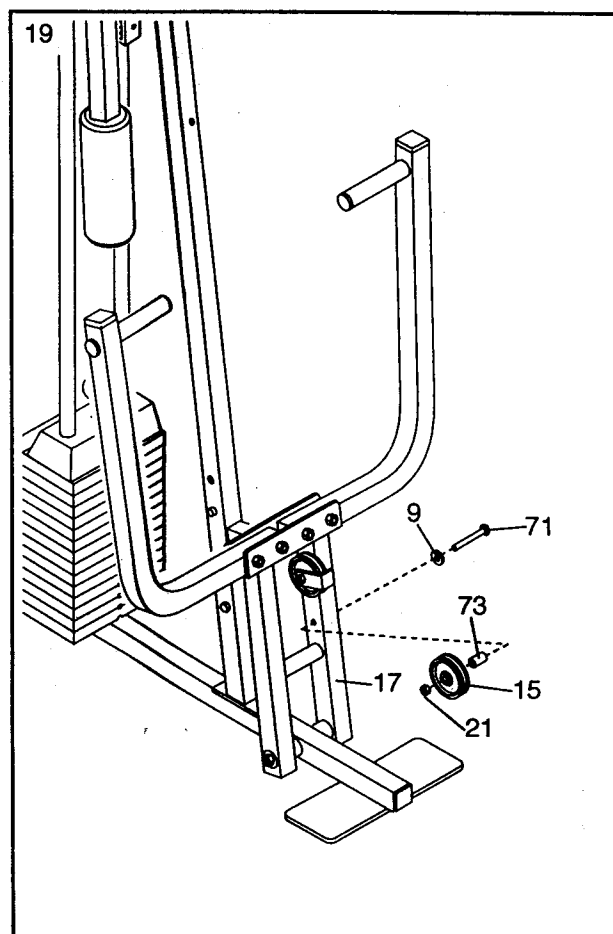
Route the Long Cable (23) around the 3 1/2" Pulley (15) attached to the bracket on the Top Frame (55). Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (21). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



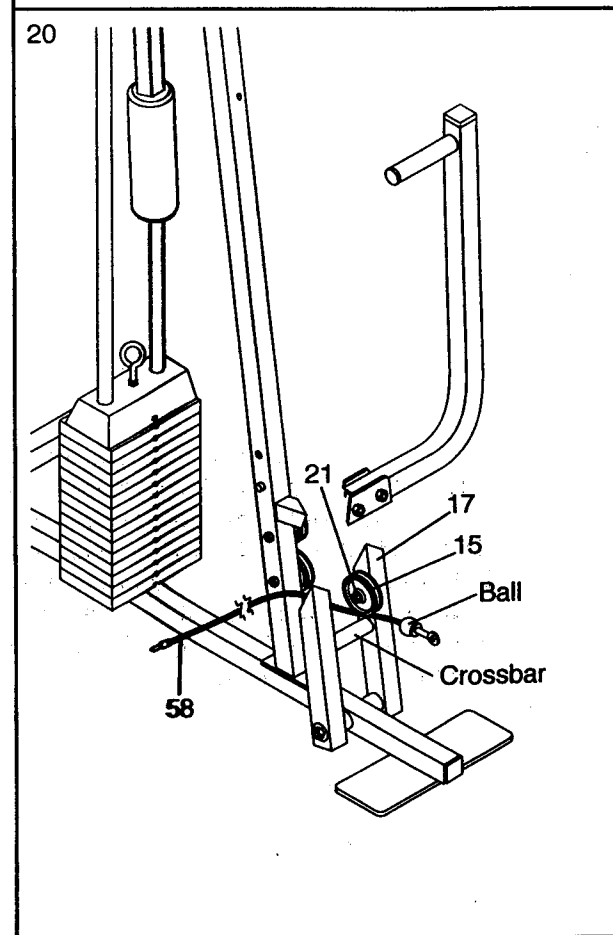
19. **Note: This assembly step shows how to complete the assembly of several pre-attached parts.**

The 5/8" x 9/16" Spacer (73) has been pre-attached on the wrong side of the 3 1/2" Pulley (15) for shipping purposes. Remove the 3/8" Nylon Locknut (21), the Spacer, and the Pulley from the 3/8" x 3 3/4" Bolt (71). **Do not remove the Bolt. The Bolt has been shown removed for part identification.**

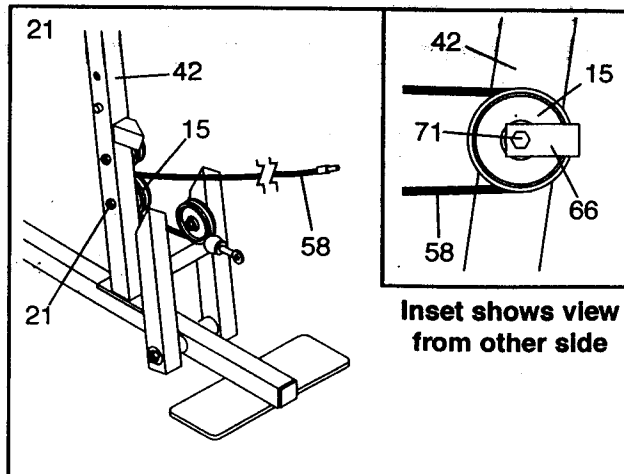
Reattach the 3 1/2" Pulley (15), with the 5/8" x 9/16" Spacer (73) between the Pulley and the Press Frame (17). **Do not tighten the 3/8" Nylon Locknut (21) yet. Be sure that the 3/8" x 3 3/4" Bolt (71), the 3/8" Flat Washer (9), the 5/8" x 9/16" Spacer (73), the 3 1/2" Pulley (15), and the 3/8" Nylon Locknut (21) are oriented as shown.**



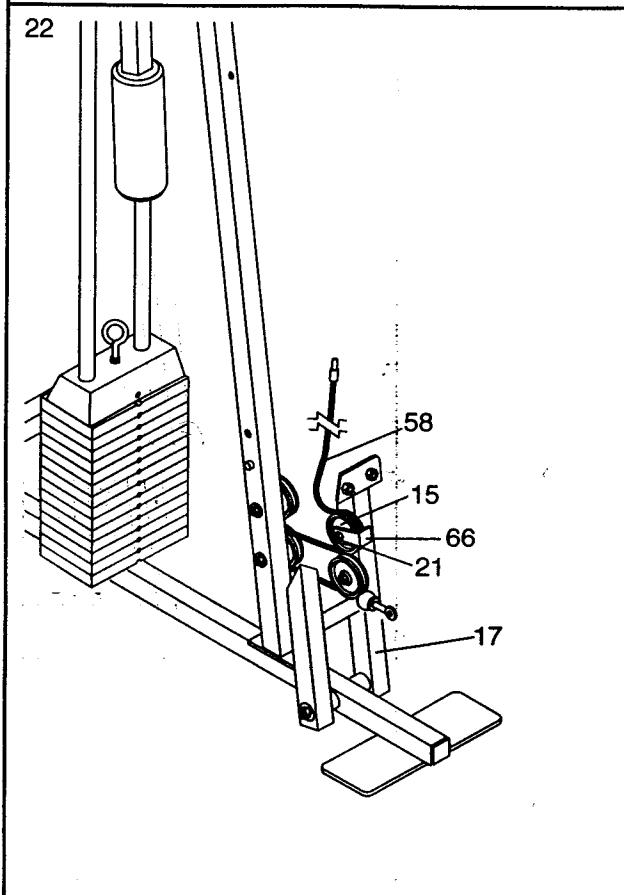
20. **Locate the Short Cable (58).** Route the Short Cable (58) under the 3 1/2" Pulley (15) attached to the lower hole in the Press Frame (17). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (not shown).



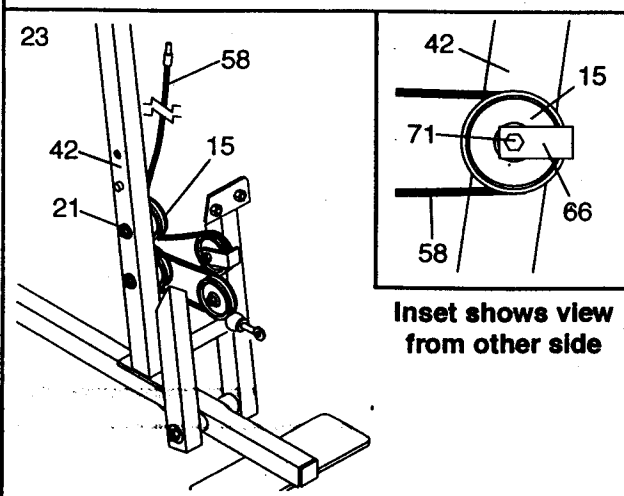
21. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the lower hole in the Front Upright (42). **See the Inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).



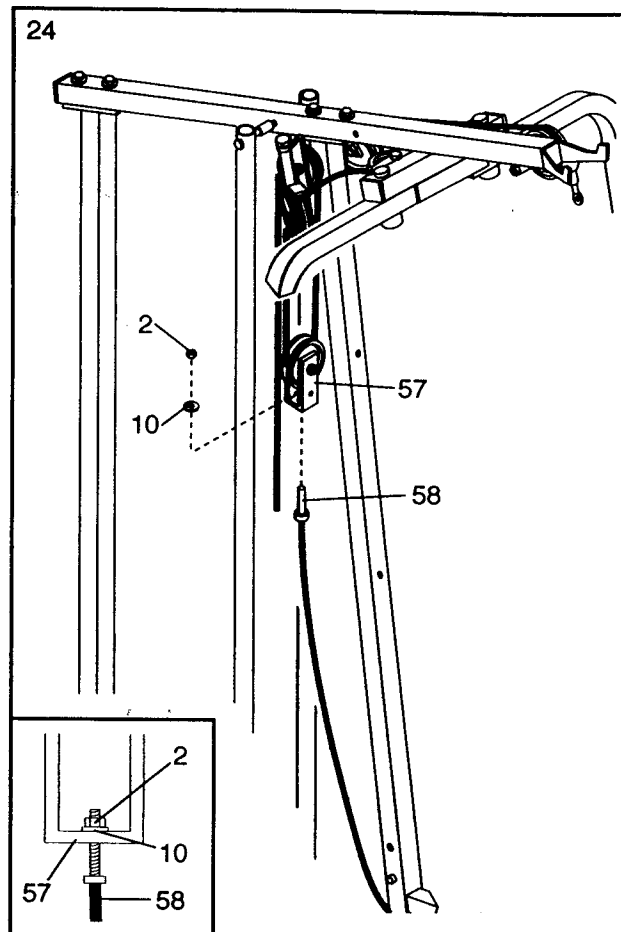
22. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Press Frame (17). **Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 1/2" Bolt (not shown).



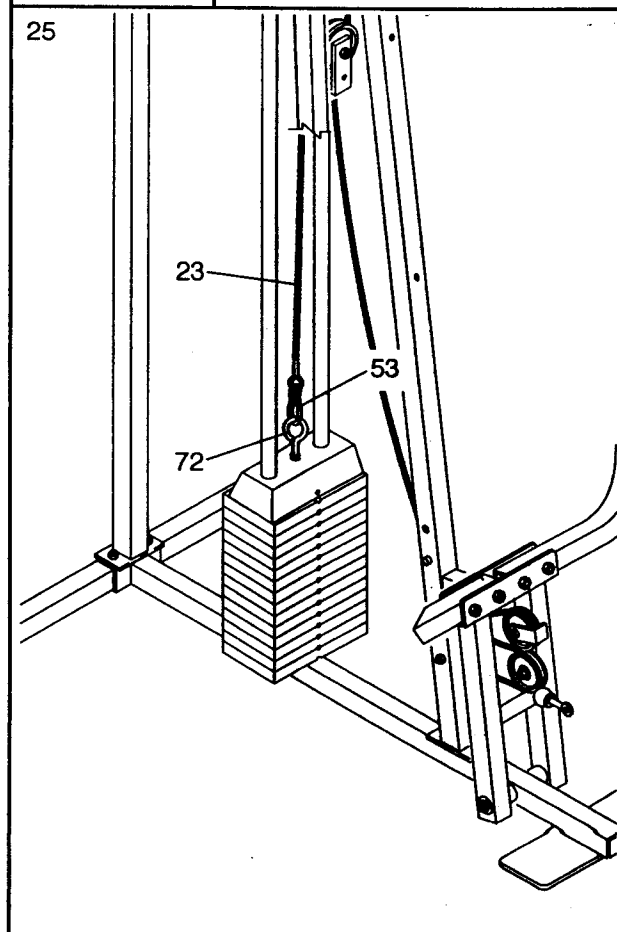
23. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Front Upright (42). **See the Inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.** Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).



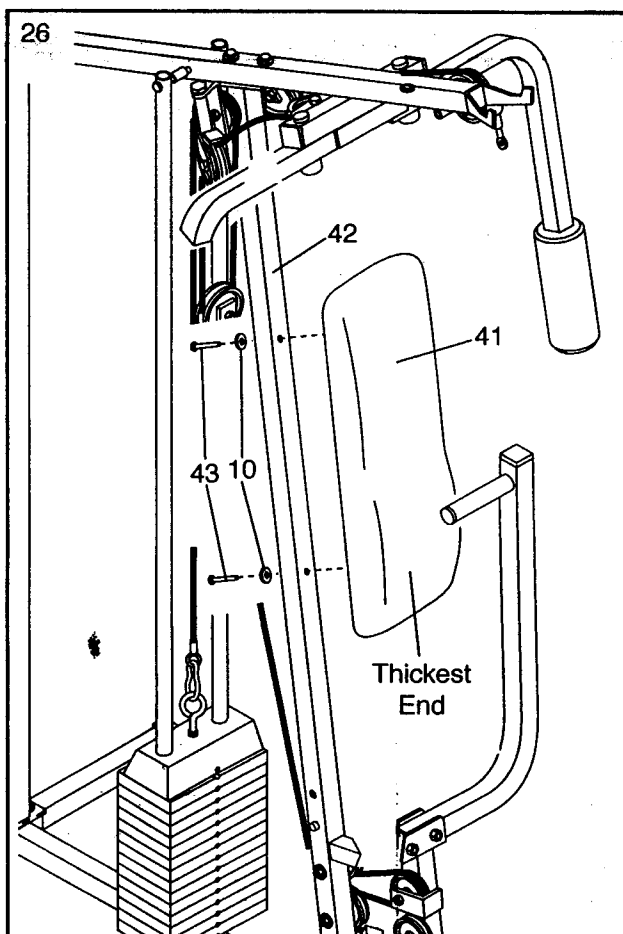
24. Attach the end of the Short Cable (58) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the nut, as shown in the inset drawing.**



25. Using a Cable Clip (53), attach the Long Cable (23) to the 3/8" x 4" Eyebolt (72).



26. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10). **The Backrest must be turned so the thickest end is at the bottom.**



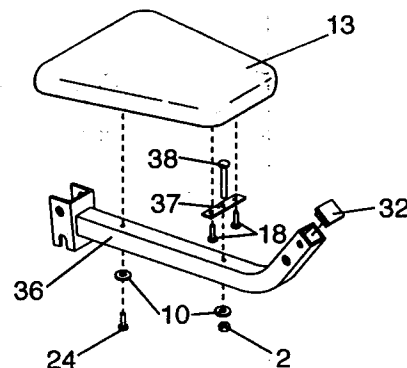
27. Press a 1 1/2" Square Inner Cap (32) into the Seat Frame (36).

Insert the 1/4" x 2" Carriage Bolt (38) through the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 1/2" Screws (18).

Insert the 1/4" x 2" Carriage Bolt (38) through the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (10) and the 1/4" x 2" Screw (24).

27

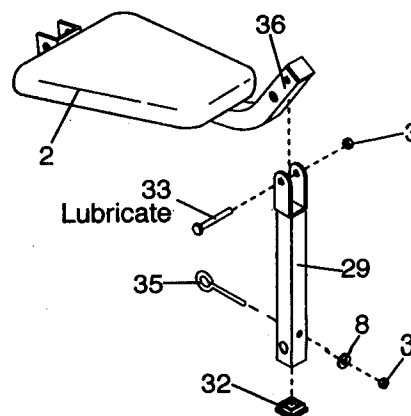


28. Press a 1 1/2" Square Inner Cap (32) into the Leg Lever (29).

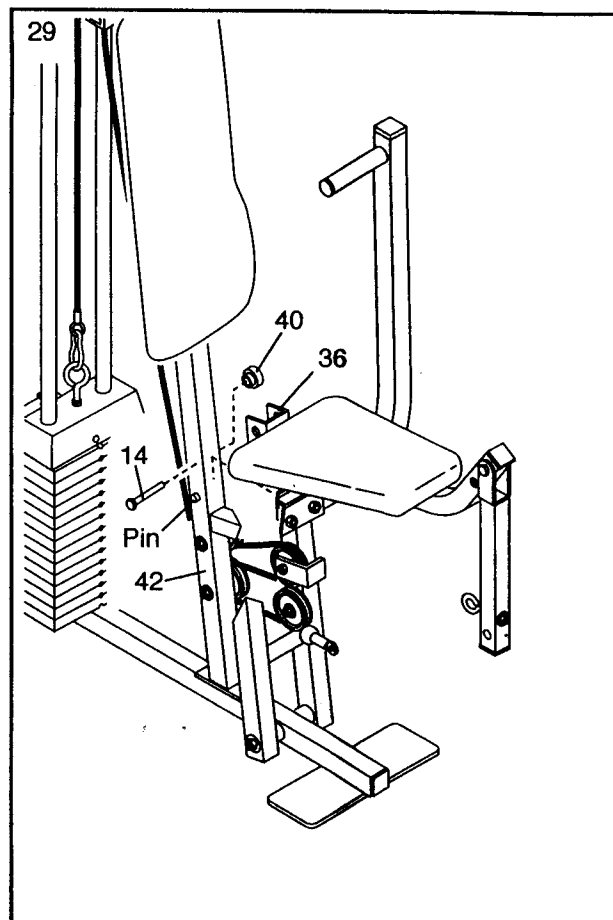
Lubricate the 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the 5/16" x 2 1/4" Bolt and a 5/16" Nylon Locknut (3). **Do not overtighten the Nylon Locknut. The Leg Lever must be able to move freely.**

Insert the 5/16" x 2" Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 5/16" Nylon Locknut (3) with a 5/16" Flat Washer (8) onto the Eyebolt.

28



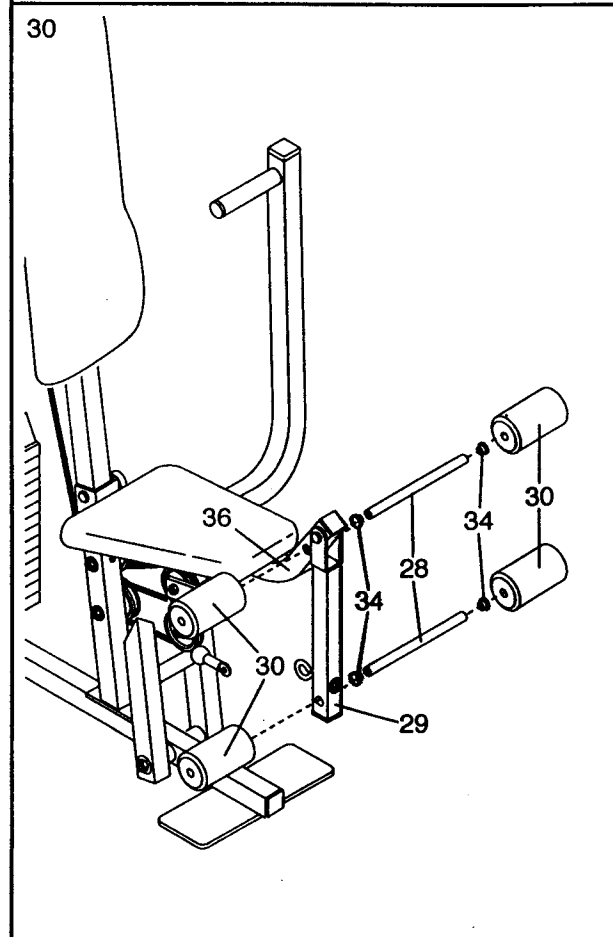
29. Rest the Seat Frame (36) on the indicated pin on the Front Upright (42). Attach the Seat Frame to the Front Upright with a $\frac{5}{16}$ " x $2\frac{3}{4}$ " Carriage Bolt (14) and the Seat Knob (40).



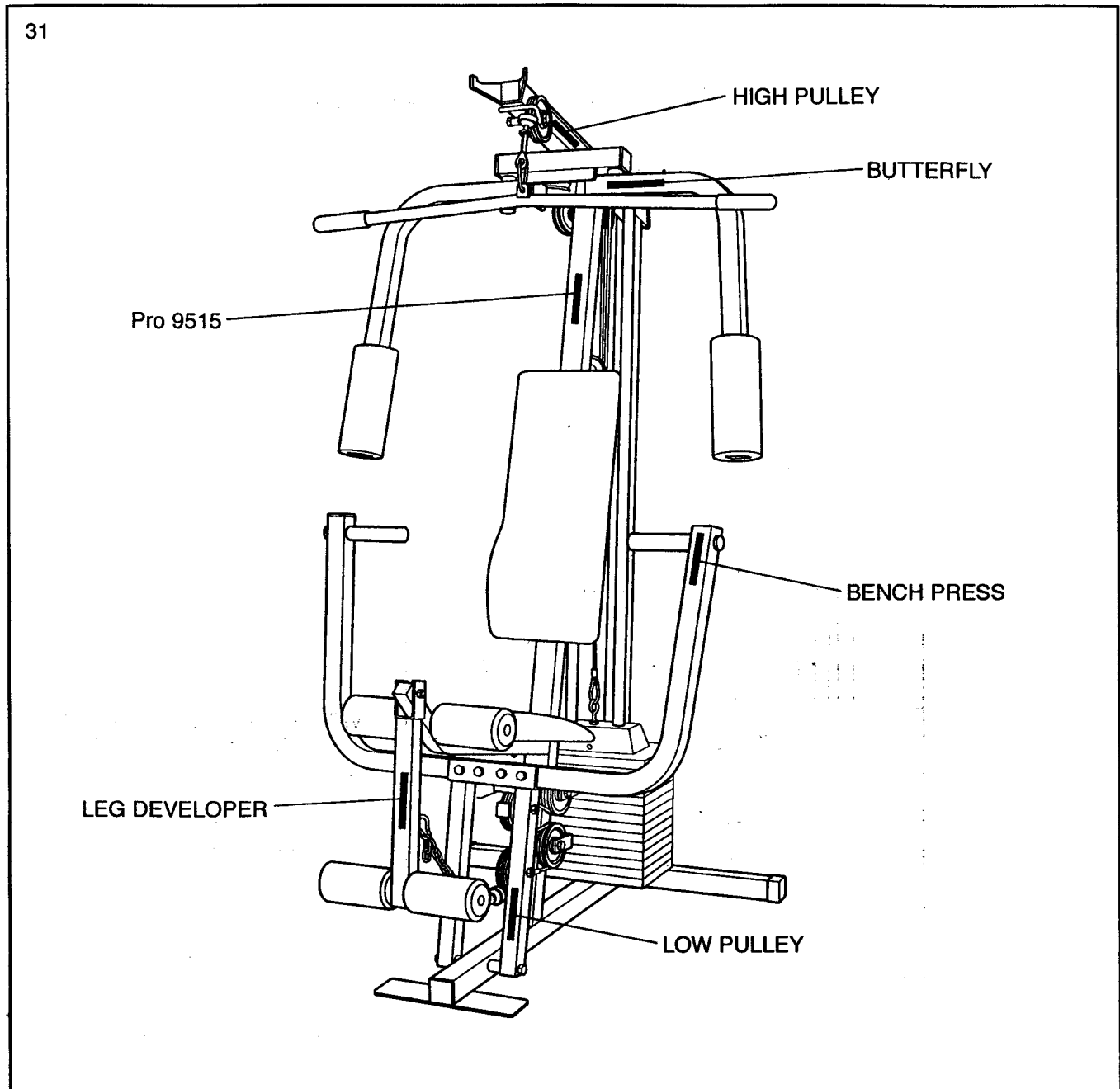
30. Press $\frac{3}{4}$ " Round Inner Caps (34) into the ends of both $12\frac{1}{2}$ " Pad Tubes (28).

Insert one $12\frac{1}{2}$ " Pad Tube (28) into the Seat Frame (36). Slide a $5\frac{1}{2}$ " Pad (30) onto each end of the Pad Tube.

Insert the other $12\frac{1}{2}$ " Pad Tube (28) into the Leg Lever (29). Slide a $5\frac{1}{2}$ " Pad (30) onto each end of the Pad Tube.



31. Remove the decals from the decal sheet (not shown) and apply them to the home gym system in the locations shown in the illustration below.



32. Make sure that all parts have been properly tightened. Use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

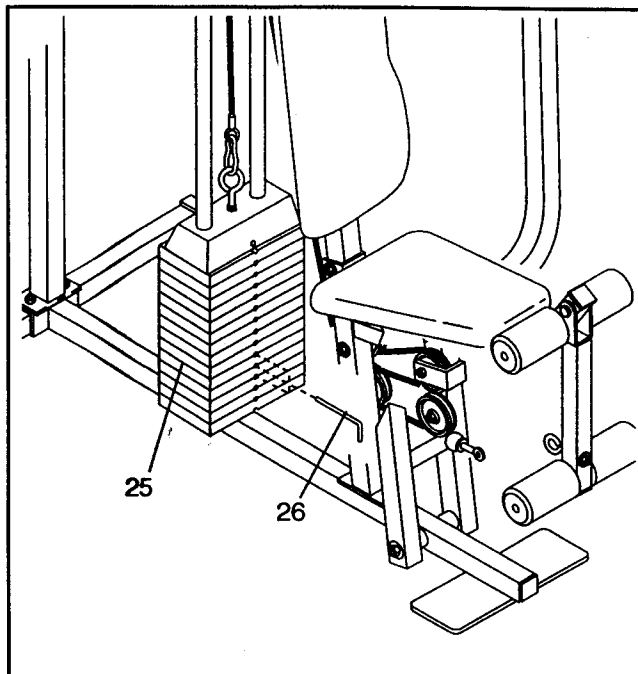
Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 21 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 20.**

ADJUSTMENT

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise poster accompanying this manual to see how the home gym system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

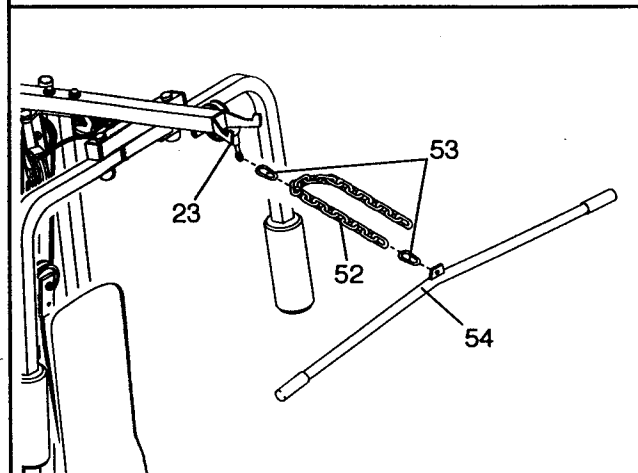
To change the weight setting of the weight stack, insert a Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6 pounds to 146 pounds, in increments of 10 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Refer to the WEIGHT RESISTANCE CHART on page 19 to find the actual amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Long Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

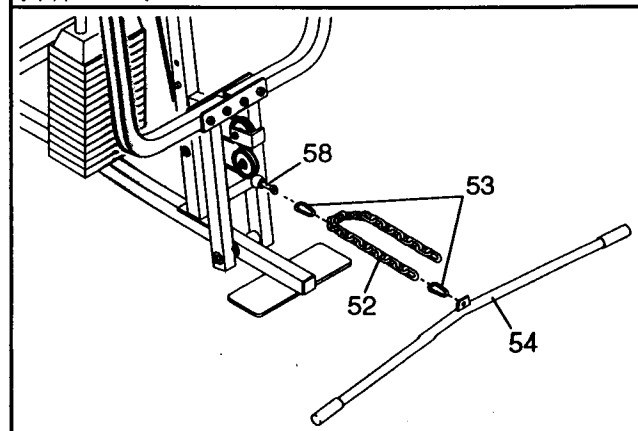
The Nylon Strap (39) (not shown) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Short Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

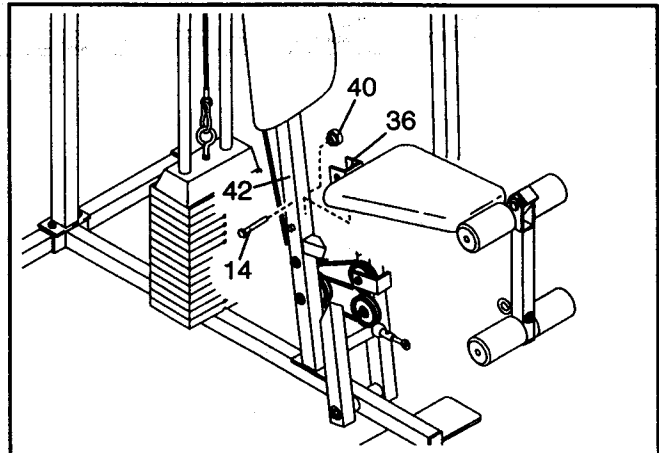
The Nylon Strap (39) (not shown) can be attached in the same manner.



ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

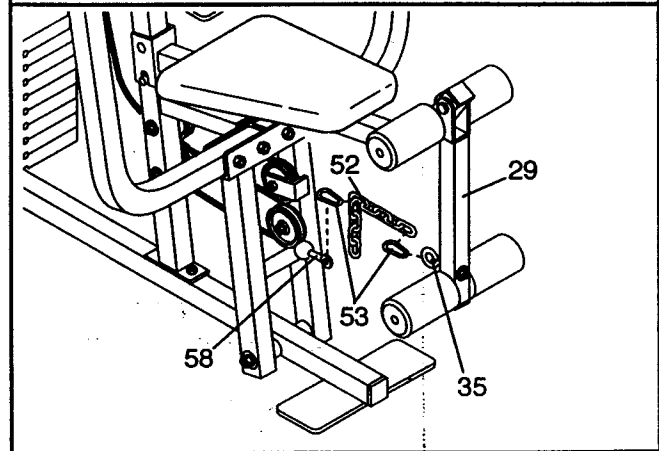
For some exercises, the Seat (13) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

Attach one end of the Chain (52) to the Long Cable (23) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 6 lb. top weight. The other numbers refer to the 10 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)
Top	12	7	21	13	21
1	40	14	42	26	42
2	62	22	74	37	74
3	84	27	99	49	99
4	107	33	116	64	116
5	128	39	147	74	147
6	146	45	181	87	181
7	162	49	196	97	196
8	190	53	220	108	220
9	205	61	226	120	226
10	220	64	253	132	253
11	243	71	287	144	287
12	263	77	310	151	310
13	272	78	336	164	336
14	295	84	367	173	367

TROUBLE-SHOOTING AND MAINTENANCE

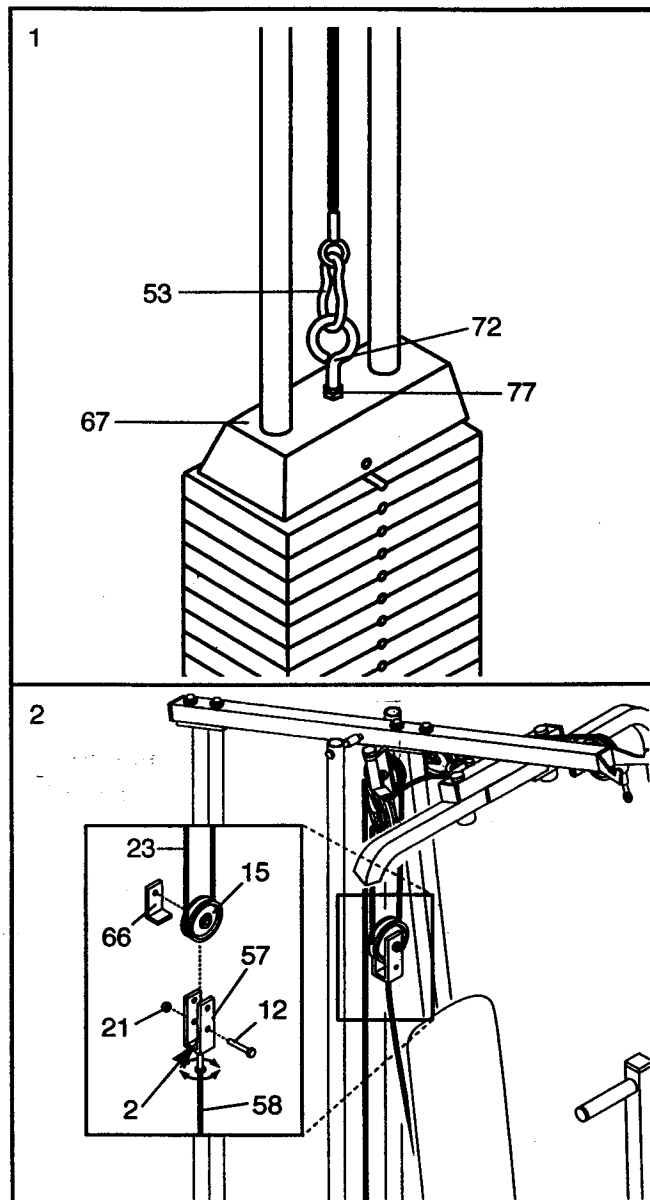
Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is too much slack in the cables, they should be tightened. Find the 3/8" x 4" Eyebolt (72) in the Weight Cover (67). Loosen the 3/8" Nut (77). Thread the Eyebolt further into the Weight Cover, until there is no slack in the cables. Finger tighten the 3/8" Nut against the Weight Cover.

Slack can also be removed from the cables by tightening the 1/4" Nut (2) at the end of the Short Cable (58). To do this you may need to remove the 3 1/2" Pulley (15) from the Long "U"-Bracket (57). Be sure that the cables are not too tight.

Additional slack can be removed by moving the 3 1/2" Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and "U"-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable trap is in the proper position and that the Cable and Pulley move smoothly.

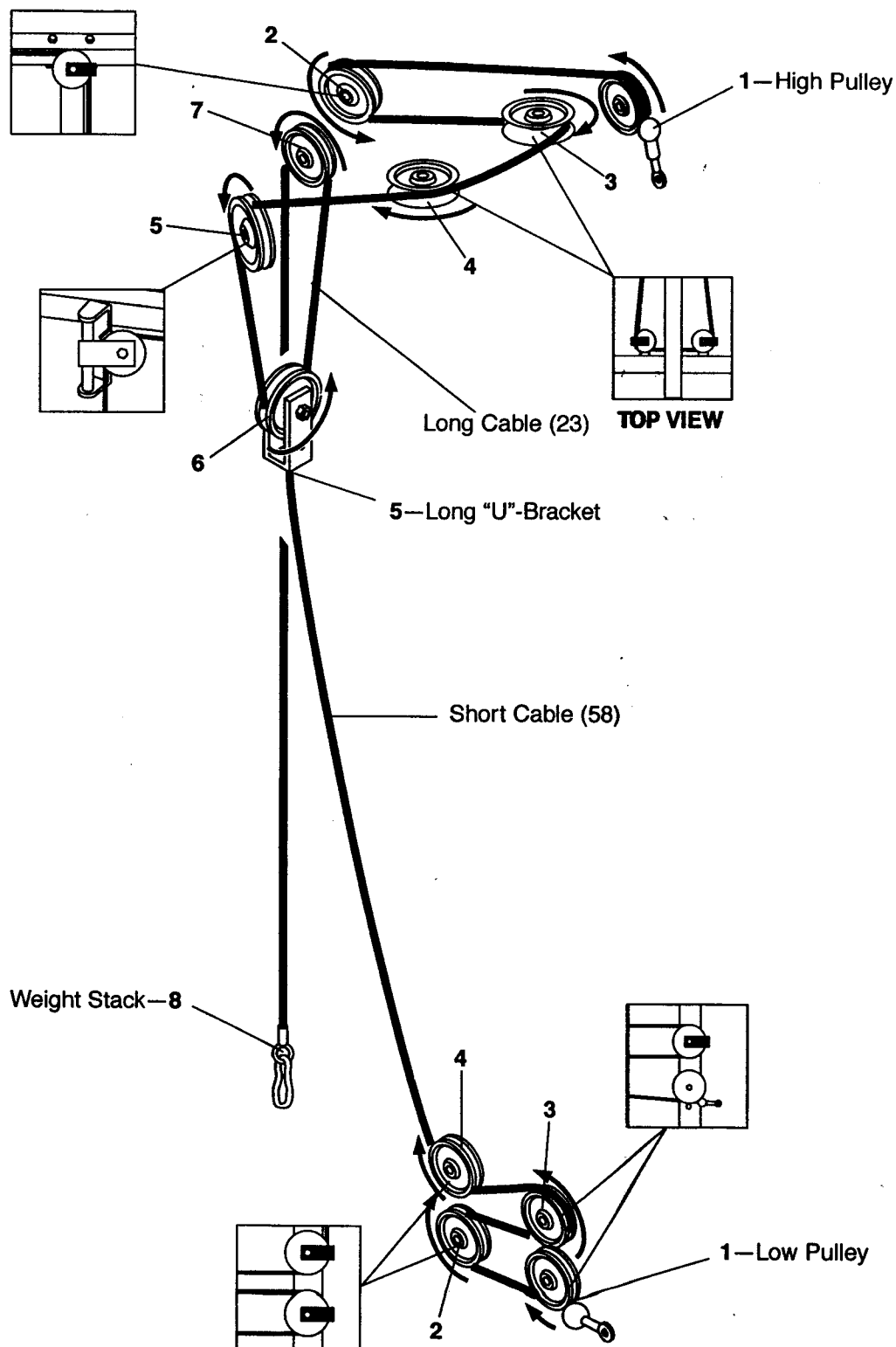


Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (58) and the Long Cable (23). Use the diagram to be sure that the three cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur. The insets show the proper positioning of the cable traps. The cable traps should be positioned so that the cables will not come off the pulleys. **Be sure that the cable traps do not touch or bind the cables.**



PART LIST—Model No. WESY95150

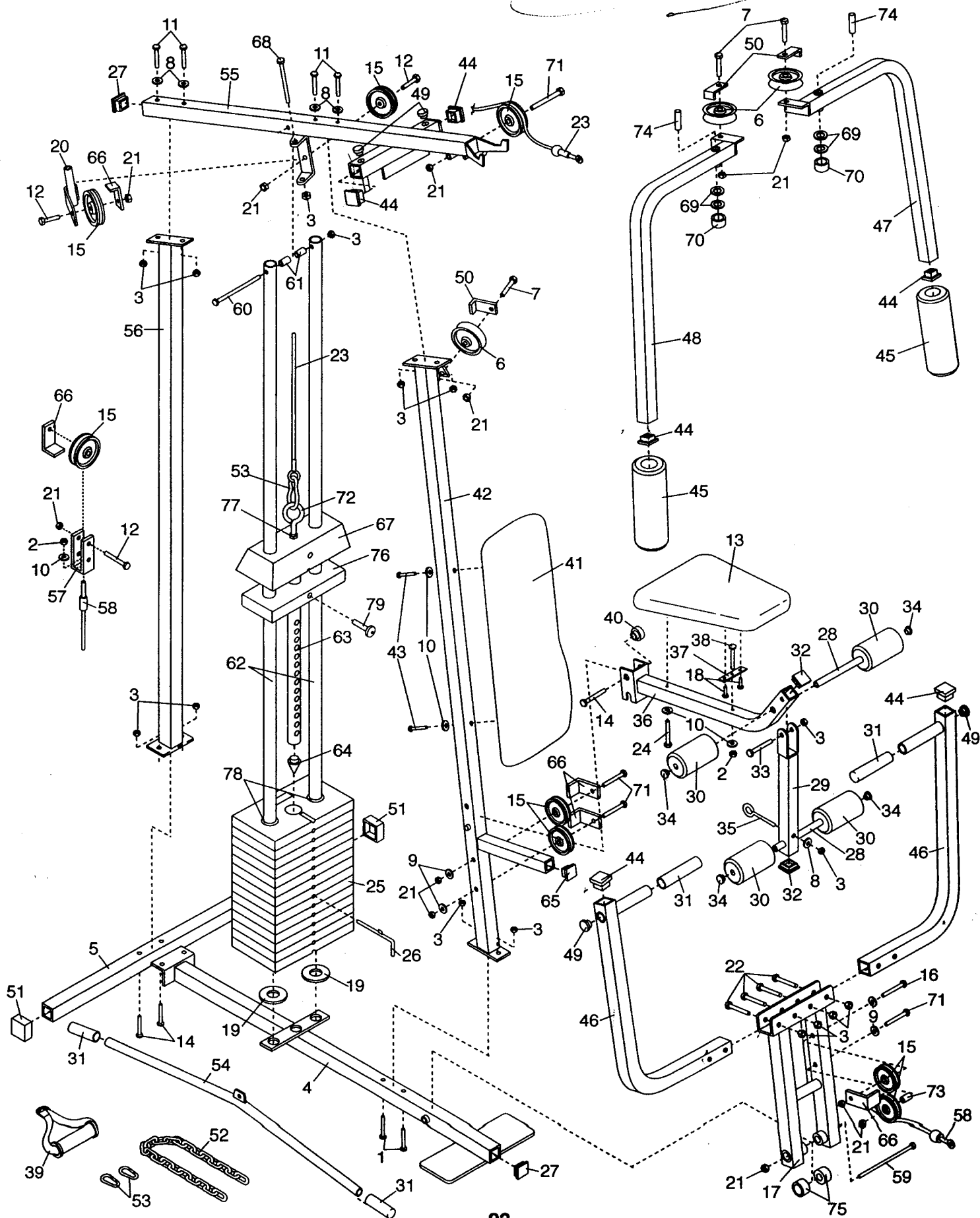
R1195A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	5/16" x 2 1/2" Carriage Bolt	42	1	Front Upright
2	2	1/4" Nylon Locknut	43	2	1/4" x 2 1/2" Screw
3	16	5/16" Nylon Locknut	44	6	1 3/4" Square Inner Cap
4	1	Base	45	2	10" Pad
5	1	Stabilizer	46	2	Press Arm
6	3	"V"-Pulley	47	1	Left Arm
7	3	3/8" x 2 1/2" Bolt	48	1	Right Arm
8	5	5/16" Flat Washer	49	4	1" Round Inner Cap
9	4	3/8" Flat Washer	50	3	Long Cable Trap
10	5	1/4" Flat Washer	51	2	2" Square Outer Cap
11	4	5/16" x 2 3/4" Bolt	52	1	Chain
12	3	3/8" x 2" Bolt	53	3	Cable Clip
13	1	Seat	54	1	Lat Bar
14	3	5/16" x 2 3/4" Carriage Bolt	55	1	Top Frame
15	8	3 1/2" Pulley	56	1	Rear Upright
16	1	3/8" x 3 1/2" Bolt	57	1	Long "U"-Bracket
17	1	Press Frame	58	1	Short Cable —
18	2	1/4" x 1/2" Screw	59	1	3/8" x 8" Bolt
19	2	Weight Bumper	60	1	5/16" x 6 1/2" Bolt
20	1	Pulley Bracket	61	2	1/2" x 1" Spacer
21	12	3/8" Nylon Locknut	62	2	Weight Guide
22	4	5/16" x 2 1/2" Bolt	63	1	Weight Tube
23	1	Long Cable /3/ "	64	1	Weight Tube Bumper
24	1	1/4" x 2" Screw	65	1	1" Square Inner Cap
25	14	Weight	66	5	Cable Trap
26	1	Weight Pin	67	1	Weight Cover
27	2	2" Square Inner Cap	68	1	5/16" x 5" Bolt
28	2	12 1/2" Pad Tube	69	4	1" Retainer
29	1	Leg Lever	70	2	1" Round Cover Cap
30	4	5 1/2" Pad	71	4	3/8" x 3 3/4" Bolt
31	4	Hand Grip	72	1	3/8" x 4" Eyebolt
32	2	1 1/2" Square Inner Cap	73	1	5/8" x 9/16" Spacer
33	1	5/16" x 2 1/4" Bolt	74	2	1 1/4" x 2 1/2" Plastic Bushing
34	4	3/4" Round Inner Cap	75	2	1" x 7/8" Plastic Bushing
35	1	5/16" x 2" Eyebolt	76	1	Top Weight
36	1	Seat Frame	77	1	3/8" Nut
37	1	Seat Plate	78	28	Weight Bushing
38	1	1/4" x 2" Carriage Bolt	79	1	3/8" x 1 1/2" Button Head Bolt
39	1	Nylon Strap	#	1	User's Manual
40	1	Seat Knob	#	1	Exercise Poster
41	1	Backrest			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WESY95150

R1195A



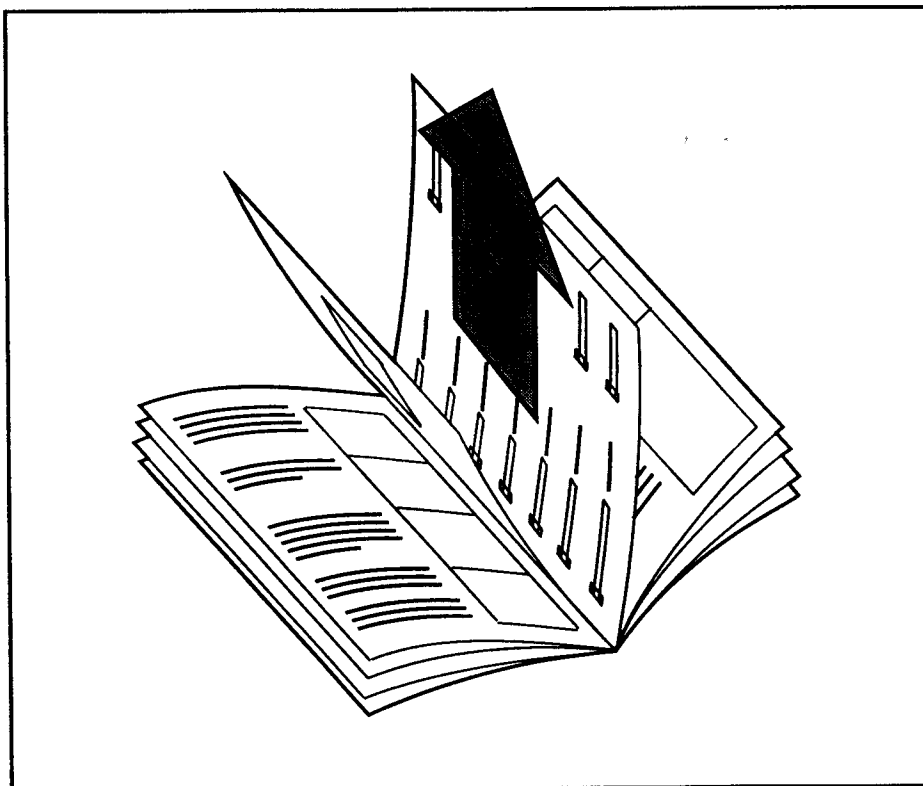
ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WESY95150).
- The NAME of the product (WEIDER® 9515 Home Gym System).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22 of this manual).

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.



Please Note: The assembly is divided into four stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately. Wait until you begin each assembly stage to open that parts bag.



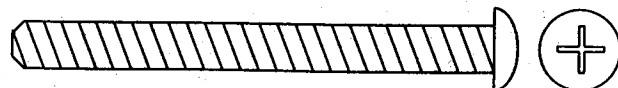
1/4" Nylon Locknut (2)-2



1/4" x 2" Screw (24)-1



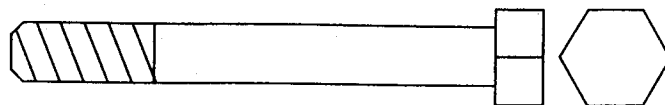
5/16" Nylon Locknut (3)-16



1/4" x 2 1/2" Screw (43)-2



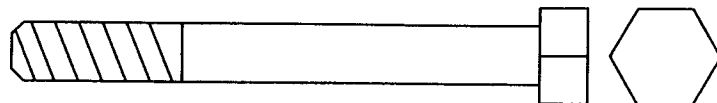
3/8" Nylon Locknut (21)-12



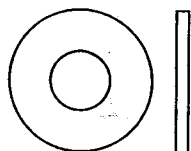
5/16" x 2 1/2" Bolt (22)-4



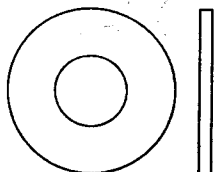
3/8" Nut (77)-1



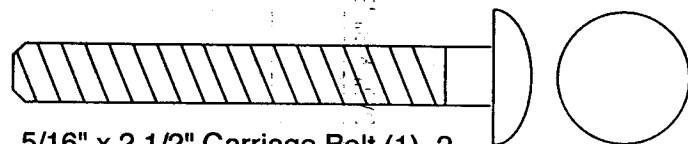
5/16" x 2 3/4" Bolt (11)-4



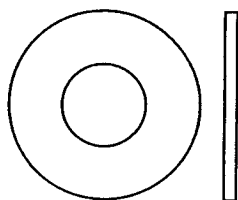
1/4" Flat Washer (10)-5



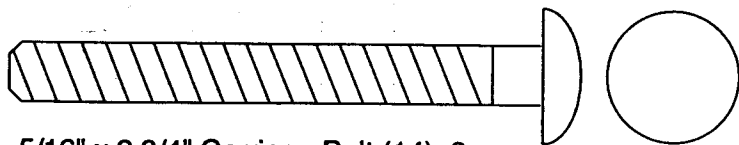
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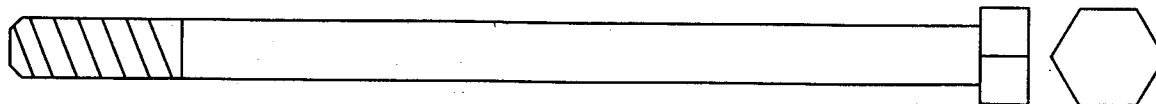
5/16" x 2 1/2" Carriage Bolt (1)-2



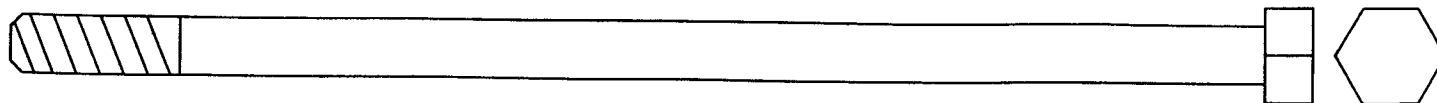
3/8" Flat Washer (9)-4



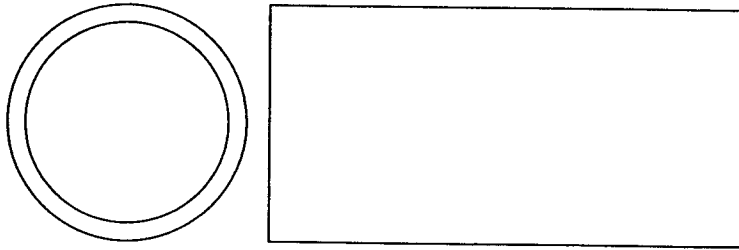
5/16" x 2 3/4" Carriage Bolt (14)-3



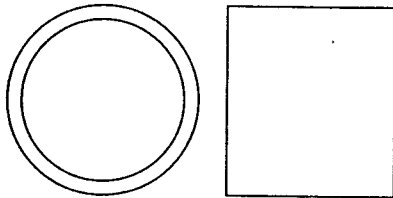
5/16" x 5" Bolt (68)-1



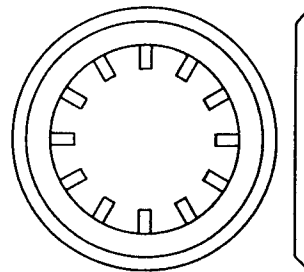
5/16" x 6 1/2" Bolt (60)-1



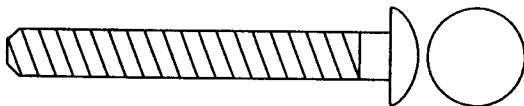
1 1/4" x 2 1/2" Plastic Bushing (74)-2



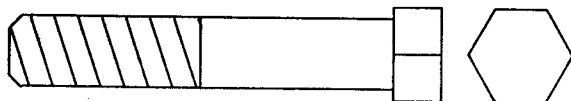
1" x 7/8" Plastic Bushing (75)-2



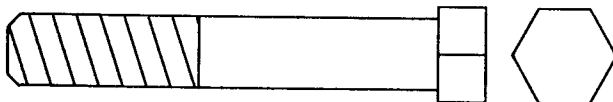
1" Retainer (69)-4



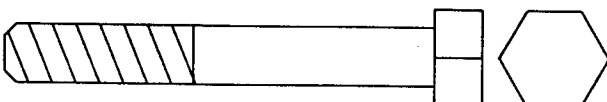
1/4" x 2" Carriage Bolt (38)-1



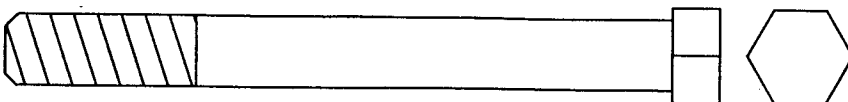
3/8" x 2" Bolt (12)-3



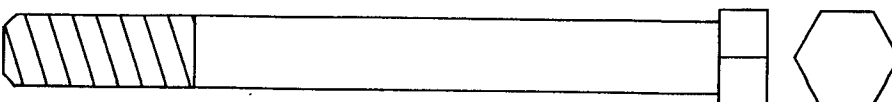
3/8" x 2 1/2" Bolt (7)-3



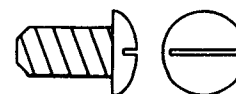
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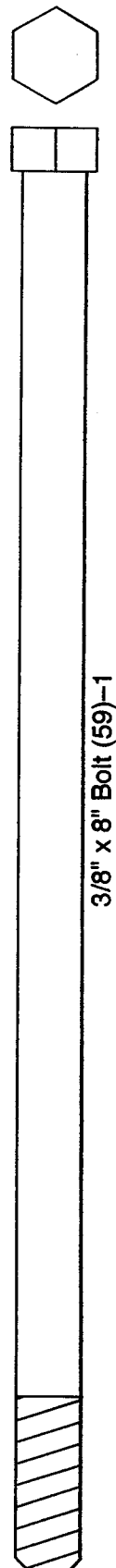
3/8" x 3 1/2" Bolt (16)-1



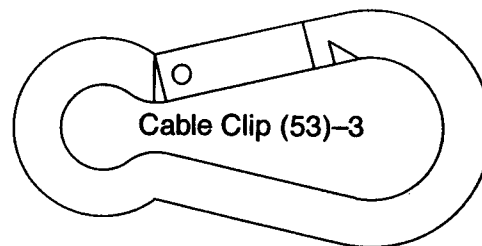
3/8" x 3 3/4" Bolt (71)-4



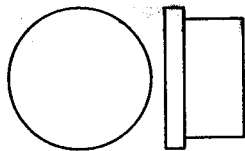
1/4" x 1/2" Screw (18)-2



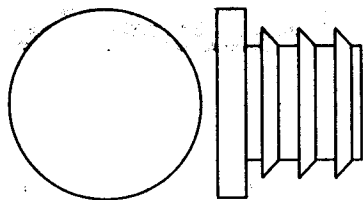
3/8" x 8" Bolt (59)-1



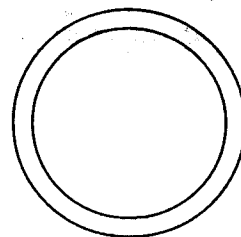
Cable Clip (53)-3



3/4" Round Inner Cap (34)—4



1" Round Inner Cap (49)—4



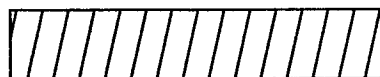
1" Round Cover Cap (70)—2



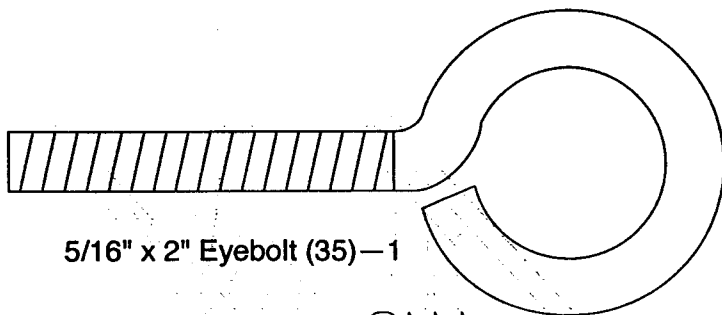
3/8" x 9/16" Spacer (73)—1



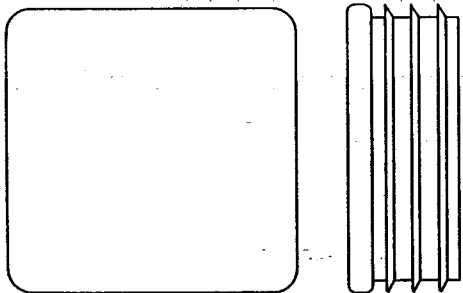
1/2" x 1" Spacer (61)—2



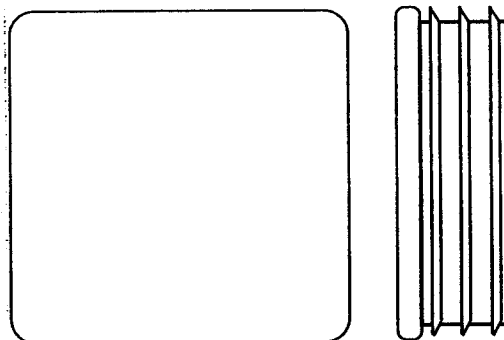
3/8" x 4" Eyebolt (72)—1



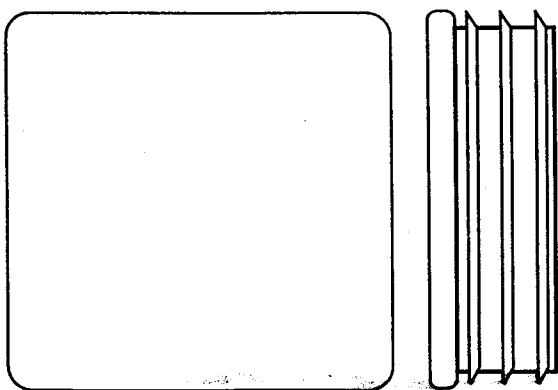
5/16" x 2" Eyebolt (35)—1



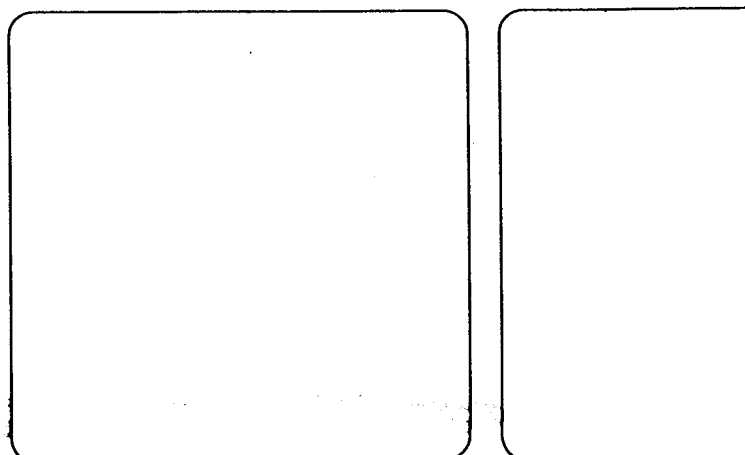
1 1/2" Square Inner Cap (32)—2



1 3/4" Square Inner Cap (44)—6



2" Square Inner Cap (27)—2



2" Square Outer Cap (51)—2